

Health Behaviour in School-aged Children 2026 Survey

Pupil Information Sheet

What is the survey about?

We are interested in the health and wellbeing of young people and the things that affect their health. We are asking young people from across Scotland to answer questions about their health and other aspects of their lives in an online survey. We'd love to hear your views.

This is an international study and young people from over 50 countries are taking part and answering the same questions. That's over 200,000 young people!

Who is running the survey?

It's being run by researchers from the University of Glasgow. Public Health Scotland have asked us to carry out this survey.

Why have I been chosen to take part?

We are inviting P7, S2 and S4 pupils from around 234 schools across Scotland to take part. Your school was randomly selected to participate.

What happens if I decide to take part?

- Your teacher will choose a time during school for you and your class to take part.
- Using a tablet or computer, you will be asked to answer questions on your own, about your health and wellbeing, including eating habits, physical activity, using social media, sleep, your mental health, and life at home and at school and for S4 pupils questions on their sexual health.
- Some of the questions may feel a bit personal but you don't have to answer any questions if you don't want to.
- It will take around 30-40 minutes to complete.
- It is not a test and there are no right or wrong answers.

Do I have to take part?

No. It's up to you. If you choose not to take part, that's fine. You can also change your mind at any time. If you do not want to take part just tell your parent or teacher.

Who sees my answers?

No-one you know will see your answers. We will not ask you for your name. After taking part, it's up to you if you want to talk to others about your answers. If you need any support on any of the topics asked, please speak to a teacher, parent or other trusted adult.

What happens to my answers?

The answers you give are sent directly to the team at the University of Glasgow. The team follows strict rules to make sure the information is kept safe and confidential.

The research team will combine your answers with those from other pupils from across Scotland to look at the health issues affecting young people. This will help teachers and policymakers know what to do to help improve young people's health.

In the survey we ask for home postcode - this is to find out what type of area young people live in and how it affects their health and wellbeing. It is never used to identify the house or street where individuals live.

We will also share the information gathered from all pupils across Scotland with other researchers so that they can also better understand young people's health and wellbeing. We will only share the information with genuine researchers, and no one will be able to identify you as we remove personal information such as date of birth. You can find out more about what happens to the information you share in the HBSC Scotland privacy notice, on the HBSC Scotland website: gla.ac.uk/hbscscotland.

What happens after the survey has been completed?

- The researchers will send a short report to your school with the combined responses from all the pupils at your school who took part. No individuals will be identified in this report.
- The results from your school will be combined with those from pupils across Scotland to create a national report. This is given to the Scottish Government and others who make decisions about how to improve young people's health.
- We will also combine your answers with answers from young people from 50 other countries across Europe and North America. Researchers will use this information to better understand young people's health in different countries.



Where can I find out more?

Please speak to your teacher if you want to find out more. We also encourage you to speak to your parent(s) about taking part. If you have any questions, you or your parents or carers can also contact the HBSC Research team by emailing shw-hbscscotland@glasgow.ac.uk or visit the website: gla.ac.uk/hbscscotland.

Thank you for reading!

The College of Medical, Veterinary & Life Sciences Ethics Committee of the University of Glasgow has checked this research study and have given it their approval